

AFRH - G HOME MENU			
MENU #3 FOR THE WEEK OF			
	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M	FRESH BAKED CINNAMON ROLLS	VEGETABLE SOUP	SOUP DU JOUR
O	HOT OATMEAL/HOT GRITS	PINTO BEAN SOUP/CORNBREAD	BRAISED BEEF CUBES
N	BLUEBERRY PANCAKES / WAFFLES	CHICKEN FAJITAS	CRABMEAT CASSEROLE
D	EGGS TO ORDER	GRILLED HAM AND CHEESE	EGG NOODLES
A	HASH BROWN POTATOES	CORN NUGGETS	STEAMED ASPARAGUS
Y	GRILLED HAM SLICES	GREEN BEANS	SMOTHERED SQUASH
	CREAMED SAUSAGE GRAVY	ASSORTED CHEESES	HOT DINNER ROLLS
	BREAKFAST GRAVY	SALAD BAR #1	SALAD BAR #1
		DESSERT BAR #1	DESSERT BAR #1
T	BRAN MUFFINS	CHICKEN NOODLE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	SPLIT PEA SOUP	CHICKEN CORDON BLEU
E	FRENCH TOAST	EGG SALAD	RED BEANS W/SAUSAGE
S	EGGS TO ORDER	MEATBALL SUB	STEAMED RICE W/GRAVY
D	OVEN FRIED BACON	TATER TOTS	TURNIP GREENS
A	CORNERD BEEF HASH	COUNTRY CORN	CAULIFLOWER POLONAISE
Y	HASH BROWN POTATOES	SALAD BAR #2	CORNBREAD
	BREAKFAST GRAVY	DESSERT BAR #2	SALAD/DESSERT BAR #2
W	ORANGE MUFFIN	MULLIGATAWNY SOUP	SOUP DU JOUR
E	HOT OATMEAL/CREAM OF WHEAT	CREAM OF POTATO SOUP	LASAGNA
D	BUTTERMILK PANCAKES / WAFFLES	HOT TURKEY SAND./GRAVY	HERB BAKED FISH
N	EGGS TO ORDER	PIMENTO SALAD	SMOTHERED POTATOES
E	GRILLED SAUSAGE LINKS	MASHED POTATOES	STEAMED BROCCOLI
S	CREAMED CHIPPED BEEF	ENGLISH PEAS	WHOLE KERNEL CORN
D	BAKED BEANS W/CORNBREAD	SALAD BAR #3	PLAIN/GARLIC FRENCH BREAD
A	BREAKFAST GRAVY	DESSERT BAR #3	SALAD BAR #3
Y	POTATO PANCAKES		DESSERT BAR #3
T	PECAN COFFEE CAKE	CHICKEN/SAUSAGE GUMBO	SOUP DUJOUR
H	HOT OATMEAL/HOT GRITS	NAVY BEAN SOUP/CORNBREAD	MEAT LOAF W/GRAVY
U	FRENCH TOAST	CHICKEN FILET SANDWICHES	CHICKEN & DUMPLINGS
R	EGGS TO ORDER	TURKEY SALAD	MASHED POTATOES/RICE
S	GRILLED CANADIAN BACON	POTATO CHIPS	BABY LIMA BEANS
D	MINCED BEEF	OKRA & TOMATOES	STEAMED CARROTS
A	O'BRIEN POTATOES	SALAD BAR #4	FRENCH ROLLS
Y	BREAKFAST GRAVY	DESSERT BAR #4	SALAD /DESSERT BAR #4
F	FRESH BAKED CINNAMON ROLLS	FRENCH ONION SOUP	SOUP DU JOUR
R	HOT OATMEAL/HOT GRITS	CREAM OF MUSHROOM SOUP	SPAGHETTI W/MEAT BALLS
I	SWEET POTATO P'CAKES/WAFFLES	COUNTRY FRIED STEAK / GRAVY	FRIED CATFISH
D	EGGS TO ORDER	TUNA SALAD	HUSH PUPPIES
A	GRILLED SAUSAGE LINKS	MASHED POTATOES	SPINACH
Y	CREAMED GROUND BEEF	BRUSSEL SPROUTS	CORN ON THE COB
	LYONNAISE POTATOES	SALAD BAR #5	PLAIN/GARLIC FRENCH BREAD
	BREAKFAST GRAVY	DESSERT BAR #5	SALAD/DESSERT BAR #5
S	BANANA NUT MUFFINS	MINESTRONE SOUP	SOUP DU JOUR
A	HOT OATMEAL/CREAM OF WHEAT	CORN CHOWDER	PORK CHOP IN ONION GRAVY
T	BUTTERMILK PANCAKES	TACOS CORN/FLOUR SHELLS	CHICKEN ALA KING
U	EGGS TO ORDER	HAM SALAD	RICE/MSHD POTATOES/GRAVY
R	OVEN FRIED BACON	CORN CHIPS	SUCCOTASH
D	CORNERD BEEF HASH	REFRIED BEANS	STEAMED ASPARAGUS
A	COTTAGE FRIED POTATOES	SALAD BAR #6	DINNER ROLLS
Y	BREAKFAST GRAVY	DESSERT BAR #6	SALAD/DESSERT BAR #6
S	BRAN MUFFINS	CREOLE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	PINTO BEAN SOUP	ROAST TURKEY
N	FRENCH TOAST / WAFFLES	ROAST BEEF SANDWICH/GRAVY	BEEF STEW W/RICE
D	EGGS TO ORDER	CHICKEN SALAD	CRANBERRY SAUCE
A	GRILLED SAUSAGE PATTIES	POTATO CHIPS	CORNBRED DRSG/MSH POTATOES
Y	CREAMED GROUND BEEF	BROCCOLI	MUSTARD GREENS
	O'BRIEN POTATOES		STEAMED SQUASH
	BREAKFAST GRAVY	SALAD BAR #7	SALAD BAR #7
		DESSERT BAR #7	DESSERT BAR #7

DESSERT BAR SELECTIONS
 Popsicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner.

#01 - CHOCOLATE CHIP COOKIES, BANANA PUDDING
 #02 - COCONUT CAKE, CHOCOLATE PUDDING, SF CAKE W/ICING
 #03 - LEMON MERINGUE PIE, SF TAPIOCA PUDDING
 #04 - O'MEAL/RAISIN COOKIE, LEMON PUD, SF OAT-RAISIN COOKIE
 #05 - CHOC CAKE, B'COTCH PUDDING
 #06 - PEACH COBBLER, COCONUT PUDDING, SF POUND CAKE
 #07 - BANANA CAKE, CHOCOLATE MINT PUDDING

GRILLED ITEMS AVAILABLE AT LUNCH

GRILLED CHEESE SANDWICHES,
UHAMBURGERS/CHEESEBURGERS

UGRILLED CHICKEN BREAST

UGRILLED HOT DOGS/SAUERKRAUT/CHILI

ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES. ***INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF.**
ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.

SF = SUGAR FREE LF = LOW FAT ITEM LS/LF = LOW SODIUM/LOW FAT						
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
M O N	HOT OATMEAL/GRITS	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
	SCRAMBLED EGGBEATERS	45	CHICKEN PRIMAVERA	220	MUSHROOM LASAGNA TOSS	165
	HARD BOILED EGGS (2)	160	GREEN BEANS	26	DINNER ROLL	80
	STEWED PRUNES (3)	60	STEAMED CARROTS	25	ASPARAGUS	30
	SLICED HAM	210	BAKED POTATO	90	STEAMED SQUASH	30
			EGG NOODLES	80		
T U E	HOT OATMEAL/GRITS	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
	SCRAMBLED EGGBEATERS	45	CHICKEN BURGER (4 OZ)	170	STUFFED PASTA SHELL	220
	HARD BOILED EGGS (2)	160	COUNTRY CORN	80	FRENCH BREAD	85
	STEWED PRUNES (3)	60	STEAMED BROCCOLI	25	B' BEANS /CAULIFLOWER	90/30
	LF/SF SAUSAGE LINKS	80	SF CHERRY COBBLER	180	SF CHERRY COBBLER	180-
W	HOT OATMEAL	85	MULLIGATAWNY SOUP	93	MULLIGATAWNY SOUP	
						93
E D	HOT CREAM OF WHEAT	85	TURKEY BREAST	215	OVEN FRIED HERB FISH	160
	SCRAMBLED EGGBEATERS	45	GRAVY	50	FRENCH BREAD	85
	HARD BOILED EGGS (2)	160	ENGLISH PEAS	80	WHOLE KERNEL CORN	80
	STEWED PRUNES (3)	60	STEAMED BEETS	25	STEAMED BROCCOLI	30
	BAKED BEANS	85	MASHED POTATOES	80	LS SMOTHERED POTATOES	130
T H U R	HOT OATMEAL/GRITS	85	NAVY BEAN SOUP	100	NAVY BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	GRILLED CHICKEN CEASAR	240	*MEAT LOAF / GRAVY	147/50
	HARD BOILED EGGS (2)	160	SPINACH	32	BROWN RICE	80
	STEWED PRUNES (3)	60	OKRA & TOMATOES	29	BABY LIMA BEANS	82
	CREAMED GROUND TURKEY (1/4 CUP)	90			STEAMED CARROTS	25
					FRENCH ROLL	130
F R I	HOT OATMEAL/GRITS	85	FRENCH ONION SOUP	65	FRENCH ONION SOUP	65
	SCRAMBLED EGGBEATERS	45	LF TUNA SALAD	140	*SPAGHETTI W/MEAT SAUCE	211
	HARD BOILED EGGS (2)	160	BRUSSEL SPROUTS	30	FRENCH BREAD	80
	STEWED PRUNES (3)	60	CAULIFLOWER	30	SPINACH	32
	SLICED HAM	210	SF APPLES COBBLER	180	CORN ON THE COB	81
	VEG/CHZ/BACON FRITTATA	185			SF APPLE COBBLER	180
S A T	HOT OATMEAL	85	CREAM OF CORN SOUP	135	CREAM OF CORN SOUP	135
	CREAM OF WHEAT	85	*SLOPPY JOE	135	SLICED PORK LOIN	210
	SCRAMBLED EGGBEATERS	45	BUN	160	BROWN RICE/GRAVY	80/50
	HARD BOILED EGGS (2)	160	MIXED VEGETABLES	40	SUCCOTASH	90
	STEWED PRUNES (3)	60			ASPARAGUS	30
	SWT POTATO PANCAKE (1)	105			DINNER ROLL	80
S U N	HOT OATMEAL/GRITS	85	PINTO BEAN SOUP	96	PINTO BEAN SOUP	96
	SCRAMBLED EGGBEATERS	45	SLICED ROAST BEEF	230	ROAST TURKEY	165
	HARD BOILED EGGS (2)	160	BROCCOLI	25	BAKED SWEET POTATOES	90
	STEWED PRUNES (3)	60	BAKED ACORN SQUASH	65	COLLARD GREENS	30
	LS/LF SAUSAGE PATTIES	115			STEAMED ZUCCHINI SQUASH	30

BREAKFAST STANDARD MENU ITEMS
BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.

STANDARD MENU ITEMS - ALL MEALS
ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS

STANDARD SALAD BAR FOR LUNCH AND DINNER
LETTUCE garnished w/romaine leaves SLICED TOMATOES CELERY STICKS GREEN ONIONS CARROT STICKS
DILL PICKLE SLICES SWEET PICKLES CUCUMBERS SLICED ONIONS CHEESE JALAPENO PEPPERS

ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER

<u>Monday, Wednesday, Friday,</u> Beets, Sliced Green Peppers, Broccoli, Shredded Carrots, Garbanzo Beans, Green Olives	<u>Tuesday, Thursday, Saturday</u> Pickled Beets, Black Beans, Chopped Green Peppers, Whole Black Olives, Cauliflower, Chopped Celery	<u>Sunday</u> Beets, Black Eye Peas, Sliced Black Olives, Broccoli, Sliced Green Peppers Shredded Carrots
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STANDARD DRESSINGS

DIET FRENCH DRESSING	DIET ITALIAN DRESSING	DIET RANCH DRESSING
BLUE CHEESE DRESSING	DIET THOUSAND ISLAND DRESSING	OIL & VINEGAR

DAILY SALAD BAR

#01	MARINATED SALAD, CHUNK PINEAPPLE, SUGAR FREE LEMON GELATIN W/ CRUSHED PINEAPPLE
#02	POTATO SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN
#03	CARROT/RAISIN SALAD, SLICE PEARS, SUGAR FREE ORANGE GELATIN
#04	WALDORF SALAD, SLICED APRICOTS, SUGAR FREE RASPBERRY GELATIN W/FRUIT
#05	COUNTRY STYLE TOMATO SALAD, SLICED PINEAPPLE, SUGAR FREE LIME GELATIN
#06	MACARONI SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN
#07	THREE BEAN SALAD, SLICED PEARS, SUGAR FREE RED GRAPE GELATIN